

LAMBDA

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Frosh Concert 2008



Interviews and more on page 8

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2008 - 2009

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SCE 301 Student Centre
Laurentian University
Sudbury, ON P3E 2C6
(705) 673-6548

lambda@laurentian.ca

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Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.

Another Year, new goals, maybe ill do them this year!**The year I defeat procrastination..... Tomorrow**

Jason Miller
Editor-in-Chief
2008/2009

Here starts another year of school. Time to make those beginning of the year goals, which I actually am attempting to follow. Get better grades, be more active, and eat healthier. The three staples of my University experience I cannot seem to balance. My excuses are very lame but I still wish to accept them because there will always be many reasons to not do something but only one reason to do something. That being said my procrastination will need some work, just like many of you, however ill start it tomorrow.

One of my goals not associated with my personal benefit is to get Laurentian University students to participate in extra circular activities, join groups, sports, and other extra curricular activities. Not only does participation on

University organizations make you meet new people, have fun, and develop your profile but it also makes Laurentian a better school for everyone. So get out of the house see what is around you! Check out Laurentian, inquire about different interests, and research Sudbury many of your favorite activities other people share and run organizations.

Well now that I have given my 2 cents for this issue I should change the subject. Firstly I would like to publicly raise my two big thumbs to the SGA. The past week they were working hard to give all students new and returning an amazing Frosh Week. To top off their hard work, the frosh concert where Bedouin Soundclash, and Beat Union performed was one of the most amazing experiences I have attended. Both bands performed above and beyond what was expected. So congratulations to the SGA their hard work made Frosh week 2008 a huge success.

Now secondly another unique discovery I have made at Laurentian University. I have found the only frictionless surface ever created. No I am not talking about the Sudbury Winter we are all about to endure, but the flooring at the French Teachers college gym. The floor is very below par, and playing any sport seems to be a liability, I suggest sparing some money to get that floor properly maintained, if anyone else has experienced this phenomena then e mail Laurentian, try to get this defiance of physics back to normal.

Now as my potential readers you may wonder if what I said was a joke or it was completely serious, and I could leave you guessing, however then my point could be conveyed very differently and then this whole rant would be useless. One thing I have realized is that text does a horrible job at showing sarcasm. This creates problems with most of my jokes, since sarcasm is the food for my humor. That being said I have

created two little brackets which could be used, these brackets are \ to start / to end. That way your point is getting shown, and people understand that your comment is sarcastic and that way you could not have people hating you, and become a lot funnier. For example \I enjoy objects flying at increasing speeds towards me, and connecting below the belt/. See.... now people understand that although my words explained I enjoy cheat shots, the brackets explain that I was being sarcastic and that I actually would enjoy it if objects were to not become airborne in my direction.

But enough with my preaching for this issue, I hope you enjoy it, and remember to explore Laurentian, do not waste your time, if you are going to do something do it right!

Until next time.

-Jason Miller

**Lambda needs YOU!**

Lambda wouldn't be possible without submissions from students just like you. Volunteer writers and photographers help to make the newspaper the best it can possibly be, and it's a great way to get involved and share your thoughts with your peers. We encourage all students to send in articles, opinion pieces, photos, creative writing, or anything else that you think is relevant to the students at Laurentian. If you need help or advice, feel free to drop by the Lambda office on the 3rd floor of the student centre - look for SCE-301.

In early September, Lambda also hires a small editing staff that work to make the paper the best it can be. For more information or to hand in a resume, please visit the Lambda table at Clubs Day on the main floor of A Building.

Writing for Lambda is a great way to expand your portfolio, as well as a great way to get your voice heard!

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SGA Beach Day

Pirates! This years theme of the SGA beach week. Like every year the SGA makes use of Laurentians diverse geography. On Monday September 1st The SGA hosted a Beach Day which was one of the many activities introduced to frosh and returning students as a welcome back to school, and a way to meet new people. This year had large amounts of success.

The day began at 11 am, by students walking across campus, through the trail, towards Laurentians own beach. Afterwards teams were chosen, and represented by the color of the bandana. Team captains were decided by resident RA's, PM's, CA's, and Dons.

The selected teams would compete in different competitions, to see which team would be the champion at the end of the day. Some of the competitions were:

- Canoe race to mystery island and back
- chugging the XXX liquid (root beer)
- tug of war
- get dizzy and walking the plank
- the pirate 3 legged race
- spirit competitions



Jason Miller

Students of Laurentian crowd around as teams are chosen for the SGA beach day.

Once some of the activities had taken place, the volunteers were hard at work on the BBQ grilling up the pirate grub (or more commonly known as hotdogs) and chilling the ale (chemical formula H2O). Where all students who attended the event received a free lunch. The line up was long but the justice was served.

The event ended around 3 pm, where students returned to campus. The sun was still high in the sky, and reactions of the students who participated were positive. The event had a large turnout of students (new and returning) and was one of the highlights of frosh week for many.



Jason Miller

Students partisipate in a canoe race to the island as one of the activities during beach day.



Jason Miller

Ashley Strange and Amanda Ree pose in their pirate costumes as they orginize the activities.



Moving In..... Thank goodness it only happens twice a year!



Laurentians official move in date for students on campus this year was on the 30th and 31st of August. That weekend is also more commonly known as Labor Day weekend. As many people in the workforce get to enjoy a relaxing much needed time off, students do not get to experience the same enjoyment, instead they must now slug all their items into a new place, new lifestyle.

However with all the aggravations of moving in a few positives I observed which helped in the moving in process.

- At least there was move in crew to help you move you stuff
- uc and west have elevators
- it only happens twice a year

Other then those positives listed above, I had a large amount of trouble finding the positives in this situation. Even though I am a glass half full kind of guy the enjoyment of moving in is not an attribute most people have. Also the fact that I just sat back and took pictures of people working hard did little to motivate them further, however despite all that moving which occurred..... it could of been worse.



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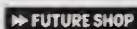
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Connecticut's recipe for unfair play

Nine year-old boy should not be banned from pitching for being too good

By Marc MacDonald
The Brock Press (Brock University)

ST. CATHERINE'S (CUP) – When not huddled around the big screen watching SportsCentre or breaking down statistics from the previous day's fantasy baseball box scores, I, as much as the next dedicated sports fan, enjoy a well-prepared, appetizing dish.

After all, the romance that food and sports have showcased throughout the years tend to go hand-in-hand, so it should come as no surprise that we sports fans are always searching for recipes to dabble in, aspiring to discover the next Philly cheese steak or Ball Park Frank.

Amidst said search, I came across a cluster of ingredients, which resulted in a recipe that should be omitted from the cookbook of children's organized sports. In this case, if you've got Jericho Scott's heat, you are told to get out of the kitchen – or the playing field.

The argument for not allowing nine year-old Scott to pitch in his youth baseball league is that he throws too hard. Throwing very hard makes you too good to pitch. Jericho Scott throws very hard.

Therefore, Jericho Scott is too good to pitch.

My rhetoric professor would be so proud right now.

In a league that was created for beginners, developing their

skills is the main goal, so the league's attorney, Peter Noble, says the ban from the mound is simply because Scott throws too hard, that Scott is too good, and that Scott essentially intimidates the other kids when he toes the rubber.

The other argument is that Scott should take one more step up the rung and play in a league above his age group. What nine year-old really wants to play with his friends anyway? His mother and coach should be getting their version Scott Boras on in the situation and pimp the kid's talents to the tune of \$300 million for 10 years. "A-Rod who?" you'll say.

The more I think over the recipe provided, the more I think I'll develop some type of

poisoning should I ever let myself ingest the belief that banning Scott from pitching is the right (main)course of action.

[SIDEBAR] Throwing Cheese Throwing Cheese is an absurd combination of politics and sports that will leave your mouth watering for justice and stomach pining for rational. What you'll need:

- One hundred eight-to-10 year-old baseball players.
 - One coach who will stand up for his player and what he believes in. (This might be tough to find.)
 - Two lawyers with opposing views.
 - Several league officials willing to give into pressure.
 - One talented young boy who just wants to play baseball.
- Take your 100 players and

divide into eight teams, including one sponsored by the employer of one of the league administrators. Take your one talented player, nine year-old Jericho Scott, and sign him up to play with a team sponsored by Will Power Fitness and let play as normal until their record reaches 8-0. Fire up the league officials and make sure they are good and steamed. Do not forget to take out spines or the result will alter significantly. Add your one coach who stands by his convictions and have him put Scott on the mound. Monitor while other teams quit playing in protest. Prepare two lawyers for representation of both sides and let sit. Serves: The benefit of no one.

The Pub Downunder

University is about learning, but it's also about meeting new people and spending time with friends. The Pub Downunder is a great place to hang out, listen to great music, watch the game, and have a few drinks. Keep an eye out for posters on campus, because the Pub is often home to theme nights, live music, and comedy acts. Drop by in the early afternoon and Cheryl might even let you hold the remote.

Wednesday 11:30am to 2am
Thursday 11:30am to 2am
Friday 11:30am to 2am
Saturday 9pm to 2am



Students Run Sweatshop - Free Orientation Week

OTTAWA, Sept. 9 /CNW Telbec/ - Students across Canada are celebrating the success of an unprecedented national student-run buying consortium that distributes fairly-traded, environmentally-conscious and union-made orientation week materials. Over 50 students' unions collaboratively purchased more than 200,000 items from ethical manufacturers. Items included T-shirts, tote-bags, laundry-bags, water bottles, lanyards, pens, and clipboards.

The not-for-profit buying consortium was created by the Canadian Federation of Students-Services in order to provide ethically manufactured materials of higher quality and lower price than readily available "sweatshop" materials.

"For years, students have been calling on their campus administrators to end the use of unethically produced garments and materials," said Dave Molenhuis, Canadian Federation of Students-Services Treasurer. "This project, makes it easy for students' unions to practice what they preach."

It is expected that this year's success will result in greater participation in the ethical buying consortium next year. "By harnessing the

collective purchasing power of students' unions across Canada, we have made it easy and cost-effective for orientation week events everywhere to be sweatshop-free," said Ben Lewis, Project Coordinator. "As far as students are concerned, this project marks the end of the 'business as usual' approach to sweatshop materials on campus."

The consortium is an extension of other student-run ethical bulk-buying services. For example, the Federation has also coordinated the bulk purchase of over one million union-made student day-planners printed on post-consumer recycled paper using vegetable-based inks and recycled coiling since 2001.

The Canadian Federation of Students is Canada's largest national students' organisation. It is composed of more than 80 university and college students' associations with a combined membership of over one-half million students.

For further information: Dave Molenhuis, National Treasurer, (613) 232-7394 ext. 16; Ben Lewis, Project Coordinator, (416) 925-3825

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Alberta gets post-secondary funding boost

Provincial government provides money for 2,500 student spaces

Kirsten Goruk
CUP Alberta and Northern
Bureau Chief

EDMONTON (CUP) – Universities and colleges in Alberta will be able to welcome more first-year students next fall, as the provincial government recently announced a province-wide addition of 2,500 student spaces. Doug Horner, minister of advanced education and technology says the focus of funding this year was the result a collaborative effort.

"We had the institutions all work together to build up the Campus Alberta access plan. In doing that we were able to find out where the actual number of turn-aways were, and what locations they were in," Horner said.

The result is a concentrated number of spaces going towards nursing and engineering, with 150 and 60 spots respectively, while the rest are spread out among other facul-

ties.

A total of 496 spots have been allocated to the University of Alberta.

Post-secondary schools across the province also received their share of funding, and for Grant MacEwan College in Edmonton and Mount Royal College in Calgary, the province is giving them an extra boost.

Both colleges have been granted extra money to convert approximately 2,000 existing spaces in transfer and applied degree programs to create new bachelor's degree programs.

"We've been talking about this for a couple of years," said Horner. "Those two institutions are moving towards becoming a baccalaureate institution that will do undergraduate and diploma programs."

Horner says with an increase in research, this money will aid in creating the best learning environment for students.

"They're going to be doing scholarly research so that you ensure that the students are getting the best possible of both worlds," he said.

While a general focus on undergraduate and diploma studies is placed on institutions like MacEwan, the U of A continues to work with the provincial government to address government issues while keeping in mind the needs of the University. When drafting their funding proposals, the U of A kept the priorities of the province in mind.

"What we did was contact specific deans and wrote notes suggesting that some of their programs would be extremely good fits with the government's priorities that had been identified," said Dru Marshall, U of A deputy provost. Marshall says the University also made their known their own ideas about funding allocation.

"Of course, one of the issues we're worried about is how we fund programs that aren't in those priorities. We really pushed [the provincial government] hard to say, 'It's great that we're funding provincial government priorities, but we'd really like the opportunity to say that we've got some priorities as an institution,'" she

added.

While the University faces the challenge of creating a realized need for funding across all areas of study, this new money comes with its own set of obstacles.

Beverly Eastham, U of A Students' Union VP external, is glad to see the provincial government acknowledging the need for post-secondary education funding, but she stresses that new student spaces need more than just an initial dollar amount.

"We can't just create new spaces; we have to have the infrastructure there to support the spaces," Eastham said.

"We need to make sure that we have enough professors in the classrooms, that the deferred maintenance funding is there, and look at tuition again to make sure that the spaces are affordable to students."

While Eastham will continue to push for further funding to address the needs of faculties, she also understands the provincial government's choice to prioritize when it comes to areas of study like nursing.

"I think the government's been

doing some really good work looking at the needs of Alberta and the economic drivers that are creating those needs and how we can fill those needs through post-secondary education," she said.

Caitlin Kelk, a third-year nursing student at the U of A agrees with Eastham and feels the province needs the extra nurses. But she's worried about the universities' resources and their ability to accommodate the increase in students.

"It should help out, as long as we have the teachers to teach them. It'll be a challenge for sure, but if they can figure it out, it'll be good in the end," she said.

With those very concerns in mind, Marshall is conscious of the fact that this influx in funding is just the start for the new student spaces at the U of A.

"This money is all for growth, but we still have a lot of work to do to ensure that we maintain status quo."

This Month at the Townehouse

September 11th -Elliott Brood

September 12th - Statues, The Stolen Mink

Saturday, September 13th - The Birthday Cakes,
Meadowlark Lemon - double CD Release parties

Tuesday, September 16th - Pat Robitaille

Thursday, September 18th - CKLU/ Northern Lights
Open Stage

Friday, September 19th - Bobby Dreadfull & the
Breastfed Superheroes

Saturday, September 20th - Kate Maki

Thursday, September 25th - An Offhand Rebellion, Better
Left Anonymous

September 26th and 27th - a double night of THE
BEATLES NIGHT

Monday, September 29th - Mohawk Lodge, Poorfolk -
pass the hat donation at the door

Tuesday, September 30th - Hot Panda, Young & Sexy,
Novillero

Attention: Lifestyle, Home Décor, Assignment and Photo Editors

SCHOOLING STUDENTS ON HOW TO MAKE THE MOST OF THEIR SMALL SPACES

CommandTM Campus Tour Hits Laurentian University

WHAT: The 3M CommandTM Campus Tour will roll through Sudbury on Friday, September 12th, 2008 to visit Laurentian University to teach students how to organize themselves for the school year ahead. After all, a clear space equals a clear mind.

A 24-foot truck outfitted to look like a dorm room will showcase a messy room on one side, and a clean, organized space on the other.

Students can check out the truck, get design tips and pick up free samples to use in their very own space. They can also enter a contest to win the entire contents of the truck, including: a full line of 3M CommandTM Strips products, a flatscreen TV, a laptop and much more.

Band Interviews

Bedouoin Soundclash

Jason Miller
Editor and Cheif
Lambda Newspaper

Before the show I had the chance to sit down and talk with Bedouin Soundclash, and they were just relaxing drinking some red wine before the show, as they called it 'nothing but class'.
Band Members:

Eon Sinclair – Bass/vocals
Jay Malinowski – Lead
Guitar/vocals
Pât Pengelly – Drums

1. How do you describe your music to people?

Smooth Listening, AM Gold.

Actually more people view us as a Reggae, SKA, Alternative Rock, and Indie.

2. What are the lyrics of your songs about?

We live in the most relaxed generation, how children have not had to live hard lives, children would rather ignore all things that are around them then deal with many of the problems going on in the world. Our newest single "Until

we burn in the sun" is talking about global warming and how we are just ignoring that it is happening. However our lyrics could also be a positive thing, burning in the sun could be good.

3. How long have you known each other?

We have all known each other for 9 years, since we were 18.

4. Did you guys form the band?

Yea, we formed the band and got signed in 2003 by Darryl Jennifer of Bad Brains

5. How did you form the band?

Well we all went to Queens University. We met in Waldon Tower rez. After being in rez we decided one day that we wanted to create a band and started writing music. We began doing shows at Queen's and nearby school until we began going all around universities playing music. Eventually our popularity grew, and here we are today.

6. So what programs were you in at university?

Eon Sinclair- Concurrent education
Jay Malinowski- fine arts
Pat Pangelly- Political Science

7. You guys ever thought of returning to those after music?

No not really Music is our passion, and we feel we have more of an impact with our music then the other career options, except for Pat he is going to become the Major or Kingston.

8. What positive places have you played at?

We just got back from Tokyo, and it was amazing, it was great to know how far our music has traveled and how many different people listen to it, also we were playing right beside the ocean and thousands of people were there, it was a great show and a great view.

9. Negative places?

We have played at some really horrible places, some places didn't have any place for us to go, and backstage were filled with spiders, and since two of us are terrified of spiders it was not a good situation.

10. What is your music background?

We all were from Birmingham, and knew of each other for a while, starting out dean was not in our band, actually he was in another band called 'farse' and they actually over took us for a while but then they went down and he switched over (laughter) but Adrian and Luke have known each other since they were 5 and have been playing together since.

What is the worst place you have ever played at?

The worst place we have played at was Edmonton, we just got back from there and all the places are very dirty. Also the place that we played at robbed us, we did not get paid for our performance, and left pretty angry. Our last trip we got all our equipment stolen as well, and we are broke and cant afford any new equipment, but someone spotted our trailer, and a high speed chase occurred, originally one cop car was chased and it ended in 16 police cars and 3 helicopters.

We think we are a British / Punk / Reggae however all of us are influenced by different music, we listen to everything from Jazz to Sole, and although our music is very different we still have many different genres which influence us differently

11. Musical Influences?

Where did the name come from?

From a dub record by an artist named Badawi, released on ROIR records in 1996. In an early practice, Malinowski exclaimed it sounded like Bedouin Soundclash, and the name was adopted

Some of the bands we like are:

Clash, Kiss, Guns and Roses, Michael Jackson, Steely Dan, Danxship, and many others

12. Any big challenges that you guys as a band have had to overcome?

We have had many problems which have been tough to overcome. Many times we considered quitting; we have had no money, playing at horrible places, just trying to get by. Many times we considered giving up, but we held off and now are very fortunate.

Then the driver ran, and dogs started chasing him, and one dog got a hold of him arm and ripped part of it off. So you can see why Edmonton is not our favorite place (laughter)

Best Place?

Manchester! We have played there 12 times and our fans were starting to think we could not get any other gig, but we just liked playing there, the fans always enjoy it and there is the best kabob place.

What other Bands have you played with?

We have played with many different ones, other then Bedouin Soundclash we have played with goldfinger, cute is what we aim for, gym class heros, taking back Sunday, and many others.

What are your musical influences?

Well we are a punk side, but we like The Clash, Police, but mostly we enjoyed west coast

13. How has your music evolved?

It is not for us to decide how we have evolved, it is for our fans, we are still playing the same music we made since we were 18, it is hard for us to judge because we just hear the same music we produced 9 years ago, our fans should judge how we have changed

14. Any Last words?

We would just like to thank all the people that came out to the show tonight, we HATE alexisonfire, but are going to do a trade off, where we will cover two songs by alexisonfire and they will play two of ours.
We will be playing: Culinary Archery, and rough raids

They will be playing: 12:59 Lullaby, and Job Rand

How will you prepare for that considering the very different styles in music?

Getting really drunk, maybe tussin a bit, but really lowering Dallas's part, and giving more emphasis on the sharps, and getting REALLY drunk, and did I mention getting really drunk

Beat Union

Jason Miller
Editor and Cheif
Lambda Newspaper

Before and after the concert I had a chance to sit and talk with Beat Union. Not only was I very surprised with how good their music was live, but they were such intresting people, I could of sat there and talked to them for hours about all the amazing things they have done, and all the unique stories they have, and experienced.

Band Members:

Luke – drums
Adriam – Bass
Dale – Guitar/vocals
Dean – Guitar

Where did you get the name Beat Union from?

Originally we were going to be called 'the love beat union' but didn't like that so we just shortened it to 'beat union' and we

feel that the name resembles our music with a kind of British punk to it.

How do you describe your music to people?

We think we are a mix of different genres, we are not just British Punk, we got a smooth side, and a harder one.

What are your songs about?

Each song covers different things; every lyric is different and has many different angles. Mostly we don't try to be to political, instead try and reach problems which happen every day like pregnancy, relationships, stress, and also if it sounds good that is a good thing.

Where are you guys from?

We were all born in the UK, in Birmingham, we use to live near each other, and were all part of the music scene in Birmingham.

How did the band form?

One of the intresting stories that Beat Union told me was at Edmonton, the same place they hate, there was this one guy who was front and center stage, he was very tall, and he went into the Richard Nixon pose, but in both his hands he was flipping off the band while they were Preforming. He did not move from that pose for the entire two hours Until the band was finished. They said that they were not even mad that this man had stood there for two hours, stone face, because they thought that he was so passionate about that, and so serious. Beat Union were amazed how he could hold his hands in that position for over two hours, they said it must of hurt.

Frosh Concert 2008



Jason Miller

Dave from Beat Union singing, with Dean in the background

Exclusive interviews on previous page!

On September 5th Laurentian University and the SGA hosted their annual Frosh concert. This year had large support, and became a sold out show! The two bands which preformed were Beat Union, a UK band on tour, and Bedouin Soundclash, a Canadian Band which has just reached number 1 with their new single 'until we burn in the sun'. The night started off with Beat Union, their British Punk style was very new to many but the crowd really enjoyed it. All members of the band preformed extremely well, and the drummer (luke) broke over three drum

sticks.

Afterward the main performance Bedouin soundclash hit the stage and did not let down. They performed many of their hits from 'when the night feels my song', 'walls fall down', and 'until we burn in the sun'. Overall it was an amazing concert great show and performance. Both bands after the show were really happy with how the crowd reacted and enjoyed the performance. If you want to learn more about both bands or just listen to their music visit their myspace accounts *Beat Union* and *Bedouin Soundclash*.



Jason Miller

Jay Malenowski playing Lead guitar to 'walls fall down'



Jason Miller

Luke from Beat Union playing the drums



Jason Miller

Eon Sinclair playing bass to 'When the night feels my song' and left: Jay and Eon singing to 'Until we burn in the sun'



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CKLU 96.7 available online

During the summer CKLU has been going through many expensive transitions. One of the new features available is the improved web site where you are now available to listen to the local host LIVE! Another development in CKLU 96.7 FM was the production studio which is now up and running!

Check out the website and listen LIVE today at www.cklu.ca

New Image of Laurentian Alternative Radio!



WWW.CKLU.CA

Laurentian Radio



Sudbury's Only Real Alternative Radio **CKLU 96.7FM**

current schedule

Country Cruise	Monday 7:30am
Let's Pretend	9:30am
Andy Travis' CKLU Top 30 Chart Countdown	11:00am
Open	2:00pm
City Spins (Local Music Show)	4:00pm
Open	5:00pm
The Learning Clinic (educational talk radio)	6:00pm
Restaurant At The End Of The Universe (Open)	8:00pm
non-sequitor radio	10:00pm
Rave Doug	12:00am
Country Cruise	Tuesday 7:30am
It's vinylly tuesday	9:30am
Maggie May Classic B-side Rock (Classic Rock)	10:30pm
Open	12:00pm
Barry Champlain 'Things To Do On A Tuesday Afternoon Show'	1:00pm
Famous Flava Reggae	4:00pm
Famous Flava Reggae	6:00pm
Artistry In Jazz (Jazz)	8:00pm
The Show	10:00pm
Open	12:00am
Open	Wednesday 9:30am
Monster A Go-Go (Open-Garage-Soul)	10:00am
Lunch With The Trinnie (Community Interviews)	12:00pm
Flow	2:00pm
Flow	3:00pm
Folk Rock	5:00pm
beeps squeeks and clicks (w/ electro Joel)	6:00pm
Audible Pornography	8:00pm
Night Fright	10:00pm
Open	12:00am
Country Cruise	Thursday 7:30am
Jazz	9:30am
Putamayo world music hour	11:30am
Green Majority	12:30pm
Radio Goethe (German Electronica) (Pre-Recorded)	1:30pm
Open	2:30pm
Cosmic Dave's 'LATE NIGHT' Radio Show, with your host Cosmic Dave	4:20pm
Hot Bunny Radio (Open)	6:00pm
Metal Corp. (Metal)	8:00pm
The Kayla Show	10:00pm
Open	12:00am
Reg's Recycled Records (Seniors)	Friday 7:30am
Peek at the Past (Seniors)	10:00am
Sounds for Seniors (Seniors-Swing-Jazz-Jive)	11:00pm
Music of your Life (Seniors)	1:00pm
Reg's Recycled Records/Trance room	2:00pm
Miller Time (Jason Miller)	3:00pm
My Pickin' Parlour (Guitar - Not Rock)	6:00pm
Artistry in Jazz (Jazz)	8:00pm
This Week in Braille (Experimental)	10:00pm
Open	Saturday 7:30am
And Now... (Open)	10:00am
Discorporate Rock Radio	12:00am
famous flava	2:00pm
famous flava	4:00pm
Village of the Damed (Open)	6:00pm
We Be Jammin' (Urban)	8:00pm
Rhythms Of Clublife (Trance/House)	10:00pm
Notes From The Underground (Urban)	12:00am
Slot Available	Sunday 7:30am
Sitting Back Pickin' (Open)	10:00am
Radio Polonia (Polish)	12:00pm
The Jig's Up (East-Coast - Celtic)	1:30pm
Vibrations of India (South Asian)	2:30pm
Open	4:00pm
Light Classics w/ Sig	6:00pm
La Revanche des Singes Volants (French)	8:00pm
Above The Waste (Metal)	10:00pm
The Nadine Show	12:00am

Interested in hosting or volunteering?
Visit the station on the 3rd floor of the Student
Centre, or check out <http://www.cklu.ca>





Mustafa Abdulhusein

And so it begins. You heard correctly - the school year has begun, and quite frankly, there's not a whole lot we can do about it - except wallow in memories of summer. Personally, I don't see myself as a 'wallower', so let's move on.

If this is your first at Laurentian - welcome! And if you're returning this year - welcome back! I hope that everyone enjoyed the summer break. I know I did! I became very familiar with room F-227- my MCAT prep class met there 4 nights a week. I promised I wouldn't wallow in my awesome memories of frantic note-taking and constant clock-gazing, and so I wanted to focus my first column of the year not on summer, or on academics but something more permanent, which applies to the entire student body. You might have already used your amazing powers of observation and deduction to realize that the subject of this article will be the amazing city of Sudbury!

If you're at all familiar with hip-hop music, you would undoubtedly have heard of Yung Jeezy's song I Put on for my City. If you haven't heard it (you can on the FLOW on CKLU 96.7, with yours truly at Tuesday mornings from 7:30-10:00 am), the main idea of the song eludes to the fact that he is proud of his city, as I

think we should be of Sudbury. If you were born and raised here, then you'll know exactly what I'm talking about. If you live somewhere else and just attending Laurentian because it's so awesome, then hopefully this article will help you be proud of Sudbury like never before.

Before I get into the fantastic details and facts that I think deserve mention, let me just put in a slight disclaimer. Yes, the rumours are true. I was indeed born in this magnificent city and therefore, admit my bias straight out. However, in my defense, I have travelled to many cities-both in Canada and around the world. From what I've seen and experienced, Sudbury is honestly a great city to live, work and grow up in! By writing this article, I'm not trying to put any other city down, just trying to show how remarkable and impressive Sudbury really is. All cities have pros and cons, and some of the cons for Sudbury are 'bumpy' roads and a pretty chilly winter. In my opinion, all small prices to pay to live in this paradise of a city.

Just take a second to think about it.

Sudbury is really the 'hub' of Northern Ontario (with 158,000 people, it has the largest popula-

tion in the region). With that distinct honour, come several privileges. Sudbury has beneficial services and resources such as several healthcare facilities. For example, the Laurentian Hospital site boasts departments for everything from Asthma to Urology. The Northern Ontario Cancer Center is also a world renowned health facility. Not to mention all the centers for higher education like Laurentian University, Cambrian College, College Boréal as well as the Northern Ontario School of Medicine (which was the first medical school to open in Canada in over thirty years)!

Not only does Sudbury have greater access to healthcare and higher educational facilities, but it also boasts several large commercial centers, for everyone's shopping and entertainment needs. Costco, Home Depot, Pier 1 Imports, and Boston Pizza are just a few of the 'big box' names which have recently opened up locations in the city.

What I'm getting at is that Sudbury has all of the big city necessities, wrapped up in a small town feel. Getting across the city is infinitely easier than getting across Toronto, for example.

Sudbury is the City of Lakes - it

has 330 lakes within its boundaries, the most of any municipality in Canada, as well as two of the largest city-contained lakes in North America. Fishing, boating, hiking, canoeing, sailing, and swimming are all activities which can be done a stone's throw from Downtown. In fact, the City of Greater Sudbury maintains five beaches within its City limits. Speaking of swimming, the Alex Baumann Olympic Gold Pool located right on campus was named after the Olympic gold medal swimmer who was born right here in Sudbury.

The number of attractions that Sudbury has? Unbelievable. Think about Science North, Dynamic Earth, Bell Park, numerous museums, galleries and theatres (including an IMAX and a Silver City), along with several fine-dining establishments rounding out the Sudbury night life. Cinefest Sudbury brings world renowned films to our doorstep, which are often not seen anywhere else in Canada. The LOL (Laugh Out Loud) Sudbury Comedy Festival brought celebrities like Jason Alexander and Mike Bullard to the City this past year, whose unique styles of humour gave us belly-aching laughs. They performed in front of sold out audiences at our own Frasier Auditorium and at the Sudbury Theatre center. If that

wasn't enough, singers Elton John, Anne Murray, and 50 Cent are just a sample of the international celebrities who have performed at the Sudbury arena in the last year.

Further proof of Sudbury's world-class standing can be found in the mining reputation Sudbury has built - NASA recently asking a Sudbury company's advice on mining in outer space! When it comes to research, Sudbury is a leader on several fronts, such as the SNO (Sudbury Neutrino Observatory) lab oratory.

On a personal note, coming from a visible ethnic minority, I never feel out of place in Sudbury's diverse community. From new and ethnically-centered places to eat diverse food to the numerous international flags on the Paris Street Bridge, Sudbury is a welcoming multicultural community.

Whether it be going for a hike in the woods, or window shopping at the New Sudbury Center, or whether it be a walk along the Jim Gordon Boardwalk or watching Mysteries of the Great Lakes at the IMAX, or eating out at the fine dining establishments, Sudbury has it all.

So, be proud and PUT ON FOR THIS CITY!

Referee Jobs with the Intramural (Recreation) Sport Program

By Dorothy Pitzel, Intramural Coordinator

We are again launching the 2008/2009 Intramural Recreational Sport Program. Annually, we offer recreational sport opportunities to approximately, 2,000 members of the Laurentian University student body.

We also offer employment opportunities for student referees and scorers. The program is run outside of regular classes and on campus

We are currently looking for individuals interested in refereeing, Soccer, Basketball and Volleyball.

There are 5 major benefits related to serving as an official.

- 1) You get a new credential to add to your resume,
- 2) You are paid (\$10.00/game)
- 3) You get to meet a huge number of other students.
- 4) You get a transferable skill set (It might help with Teacher's College Applications)
- 5) The program is run outside of regular classes and on campus.

If you are interested in being a official, please contact the Intramural Office B266 (Department of Active Living) and/or email dpitzel@laurentian.ca with your cover letter and resume. We will be having a training session for potential Basketball Officials on Thursday, September 18, 2008 4:30 pm in the Ken Bahnuk Lounge (Ben Avery Building). We would love to have you participate. Please let us know if you are interested by Thursday, September 11, 2008 at the email above.

We have won the Canadian Intramural Recreation Association Award for seven consecutive years, and are looking forward to another successful year. The outstanding talents and efforts of our students make this achievement possible. Please come out and be a member of our team.

New study links cellphones to cancer

Students perceive cellphones as potential 'live savers'

By Anna Wolska
Excalibur (York University)

When the new iPhone went on sale in July, thousands of people gathered across the country to get their hands on the coveted piece of merchandise - and the cost could be their health, according to new research.

The same month the iPod launched, a warning was issued by Dr. Ronald B. Herberman, director of the University of Pittsburgh Cancer Institute, cautioning the public about the dangers of cellphone use.

The advisory is based on unpublished studies of the ill effects of the electromagnetic radiation cellphones emit.

Herberman said he needed to advise the public to limit cellphone use because he felt the evidence was too compelling to wait. The Cancer Institute's experts reassessed his precautions.

Following Herberman's warning, Toronto's department of public health released its own advisory notice, stating that children and teens should limit their cellphone use.

These warnings run contradictory to the U.S. Food and Drug Administration and Health Canada's stances on the issue, which both state there is no proven link between cellphones and cancer.

This contradiction leaves many students confused.

"For years I've read articles contradicting the cancer issue related to cellphones. One year it's just a myth and the next year it's a fact," said Violet Kimberly, a third-year student at York University in Toronto.

In Canada, there are 20.1 million registered cellphone numbers, though that number is constantly rising.

According to the warnings issued by Herberman and Toronto's department of public health, the potential ill-effects of prolonged use could become widespread in the future.

On the other hand, cellphones are now perceived as a necessity, especially in emergencies.

"I do believe, though, that having a cellphone is worth the possible risk because they can definitely be life savers. Being a driver, I feel safer having a cellphone because I know that if anything happens while I am on the road, I can just call for assistance," said Alexandra Kimber, a third-year history student at York.

[SIDEBAR] Keeping in mind that many Canadians do rely on cellphones, the following tips could allow for safer use:

- Paying per-minute may make you think twice about chatting too long.

- Use your landline as much as possible.

- Resolve to use your cellphone only in emergencies.

- Try to use your phone when good reception is available. Weak reception requires more power.

- Search the Internet for your phone's SAR (specific absorption rate) level by make and model to make sure it is a low number.

- When buying a phone, choose one with a low SAR rating.

- Try not to have the phone on your body at all times. At night, make sure you do not keep it by your bed.

- Use your speakerphone to put a distance between yourself and the cell.

- Using a headset can be a great way to increase distance. However, make sure to research your headset, as some may leak radiation.

'Oh, wouldn't it be great to make video games for a living?'

Q and A with a Toronto-based games developer Jonathan Mak By Trevor Loughborough The Cord Weekly (Wilfrid Laurier University)

Jonathan Mak has a simple goal for the new game he's working on – he hopes it doesn't suck. In 2007, the independent developer released Everyday Shooter, a downloadable game for the PS3's Playstation Network, after being noticed by Sony at an indie game festival.

A simple top-down shooter, Everyday Shooter is an album of games, with each unique level corresponding to a song, and the background music and sound effects of the game completely made up of guitar music recorded by Mak.

Mak's new game is happening because of the success of his last project and the support of a government grant, but he can't really talk about it in detail.

He did, however, have lots to say about the success of Everyday Shooter, the status of games as an artistic medium, and what it's like to be an independent game designer in Canada.

Trevor Loughborough: So what are you up to now? What's happened since Everyday Shooter (ES) came out?

Jonathan Mak: I hooked up with this local musician called I Am Robot and Proud, and we got a government grant to work on our new game, and that's what I've been working on now.

TL: How did the reception to ES affect you as an independent game designer?

JM: Coming into it, I was just hoping to make enough money to survive – you know, pay rent for a year. So obviously, when the Sony deal came down, I was unsure at first because I lost my IP rights to it, but it gave me so much exposure and it also gave me more than enough money to work on the next game.

Obviously it's very exciting, actually being able to do this now, what I've been trying to do for 10 years. I still remember, when I was a kid thinking "Oh, wouldn't it be great to make video games for a living?" And now I am.

TL: Do you feel, with the second game, like you have to make it for a mass market?

JM: No, my main concern has just been to make it so that it

doesn't suck. My belief is that as long as the game is really good, the audience will come. That's a piece of advice I got and it helped me get ES out. I mean, I thought: "Who's going to buy this?"

Abstract shapes, a shooter . . . there are a billion shooters out there."

But my buddy said: "Make what you think is good, and people will play it."

That's been the hard part, trying to make it so that I like it.

TL: What's it like to make a game all by yourself, and how is it different from what you're doing now?

JM: Well to contrast with my current collaboration, but – and this doesn't always mean a better result – but it's easier to do it by myself. If you can do the graphics, programming, and music yourself, you can do it really quickly because you don't have to explain it to anyone else. But when you're working with others you have to spend more time sitting down, explain ideas, and make sure everyone's on the same page.

TL: Games like yours and the recently released Braid have gotten a lot of positive attention. Has

something changed to allow for a wider audience for indie games?

JM: I think a big thing is that just a lot more people are playing games now. I wonder if the percentage of people into indie games has stayed constant, but as the population of gamers increased, the population of indie gamers increased.

TL: What do you think about the games as art debate?

JM: I wrote an essay about games as art in high school ten years ago – for me it was never a debate. I think the artistic merit of anything is based on the person perceiving it. Someone told me about an art show a while ago where there was just pieces of shit on the floor, and that's art. Someone can take a dump on the street and someone can find meaning in that.

Even when I play Tetris now, I can see it as a metaphor, about life giving you all these pieces and how you have to do your best to make them fit together.

TL: Do you think indie games have a part to play in fleshing out the artistic role of games?

JM: I think it's up to the audience. I think one thing indie games do is insert more variety,

bring more people in, and then maybe get them to read things into the games. But that's not necessarily a distinction of indie games as opposed to mainstream games – a lot of indie games are very niche.

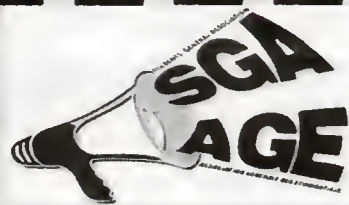
There's a huge indie shooter scene and they're breaking new ground in the shooter genre, but to someone who's not really into shooters they probably won't appeal to a new audience as much as, say That Game Company's titles like fLOW and Flower.

TL: You mentioned at the beginning about the grant you received. Have you found Canada to be a good place to be a game designer?

JM: I remember talking to some people and they were surprised with how much Ontario offered in grants. I think we're very fortunate here; there are these programs set up where two dudes can be given a whole bunch of money by the government to make a game.

TL: So can we get any hints on what's coming up next?

JM: Not really. Hopefully it won't suck.



SEPTEMBER 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Orientation Tent Day!! Come by our tent for FREE FROSH KITS!!!	1 SGA BEACH DAY! 11AM-3PM	2 LOCS FREE BBQ @ Bell Park 11am-1pm LU Soccer Game to Follow!!	3 SGA/AGE OPEN HOUSE! 9AM-4PM ALL AGES PUB NIGHT!!	4 GUITAR HERO BATTLE @ 7PM	5 FROSH CONCERT TONIGHT!!	6 ULTIMATE FRISBEE! 2PM-4PM GET HYPNOTISED TONIGHT!
7	8	9	10	11	12	13
	GOOD LUCK WITH SCHOOL!		FREE FREEZIES TODAY IN THE SGA/AGE OFFICE	WAY BACK PLAY BACK @ THE PUB DOWNUNDER!	FREE SWAG GIVEAWAY FROM 3M COMPOUND TODAY NOON-3PM	HAWAIIAN THEME PUB NIGHT! COME AND GET A LEI
14	15	16	17	18	19	20
	FINANCIAL AWARENESS WEEK		CLUB DAYS IN BOWLING ALLEY	THIRSTY THURSDAYS w/ DAVID CAVAN FRASER & PAT ROBITAILLE	COUNTRY PUB NIGHT!	the PUB downunder
21	22	23	24	25	26	27
		FLAG SALE! COME BY THE SGA/AGE OFFICE!			KARAOKE IN THE PUB DOWNUNDER!	ACTIVIST ASSEMBLY
28	29	30				
ACTIVIST ASSEMBLY			HAVE A QUESTION ABOUT AN EVENT? E-MAIL US sga@laurentian.ca			

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Intramurals 2008 - 2009

SPORT	REGISTRATION	EVENT DATE(S)	TIME	SITE	TEAM CAPTAINS'
	DATES				MEETINGS
BEACH VOLLEYBALL #1 [COED]	MON. SEPT. 8 TO	FRI. SEPT. 19	2PM - 6PM	LU COURTS	TUES. SEPT.16
LIMIT - 12 TEAMS, \$20/team	FRI. SEPT 12	NON COMPETITIVE			
BEACH VOLLEYBALL #2 [COED]	MON. SEPT. 8 TO	FRI. SEPT. 26	2PM - 6PM	LU COURTS	TUES. SEPT.16
LIMIT - 12 TEAMS, \$20/team	FRI. SEPT 12	COMPETITIVE			
ULTIMATE FRISBEE (COED)	MON. SEPT. 8 TO	SAT&SUN SEPT 20,21	10AM- 6PM	LU FIELDS	TUES.SEPT.16
LIMIT 8 TEAMS, \$20/TEAM	FRI. SEPT 12	NO RAIN DATE			
MODIFIED 4X4 VOLLEYBALL	MON. SEPT. 8 TO	SEPT. 17 - OCT. 29	9PM - MIDNIGHT	BEN AVERY BUILDING	TUES. SEPT.16
LIMIT 24 TEAMS, \$4/person	FRI. SEPT 12	MON. AND WED.		GYM	
OUTDOOR SOCCER [COED]	MON. SEPT. 15 TO	SAT&SUN SEPT. 27,28	10AM - 6PM	LU FIELDS	TUES. SEPT. 23
LIMIT - 20 TEAMS, \$20/team	FRI. SEPT 19	NO RAIN DATE			
Competitive / Noncompetitive					
BASKETBALL [WOMEN'S]	MON. SEPT. 15 TO	SEPT. 25 - NOV. 20	9PM - MIDNIGHT	BEN AVERY BUILDING	TUES. SEPT. 23
LIMIT - 16 TEAMS, \$20/team	MON. SEPT 22	TUES. AND THURS.		GYM	
BASKETBALL [MEN'S]	MON. SEPT. 15 TO	SEPT. 25 - NOV. 20	9PM - MIDNIGHT	BEN AVERY BUILDING	TUES. SEPT. 23
LIMIT - 16 TEAMS, \$20/team	MON. SEPT 22	TUES. AND THURS.		ALPHONSE RAYMOND	
PICKLE BALL (CO-ED)	TUES. OCT. 7 TO	NOV. 3 - NOV 12	9PM- MIDNIGHT	BEN AVERY BUILDING	WED. OCT 29
LIMIT 16 TEAMS, N/C	TUES. OCT. 14	MON. AND WED.		GYM	
INNERTUBE WATERPOLO (CO-ED)	TUES. OCT. 7 TO	FRIDAYS	1pm to 3:30pm	LU POOL	WED. OCT 29
LIMIT 8 TEAMS, \$20/TEAM	TUES. OCT. 14	NOV. 7, 14 & 21			

SPORT	REGISTRATION	EVENT DATE(S)	TIME	SITE	TEAM CAPTAINS'
	DATES				MEETINGS
INDOOR SOCCER [COED]	MON. NOV 10 TO	JAN 5- JAN 29	9PM - MIDNIGHT	BEN AVERY BUILDING	WED. NOV. 19
LIMIT - 24 TEAMS, \$20/team	FRI. NOV. 14	MON. TO THURS.			
Competitive / Noncompetitive					
KORF BALL (COED)	MON. NOV 10 TO	SATURDAY JAN. 31	9am to 4pm	BEN AVERY BUILDING	WED. NOV. 19
LIMIT - 8 TEAMS, \$20/team	FRI. NOV. 14				
Wilderness SNOW SHOEING	MON. NOV 10 TO	FRIDAYS JAN. 16, & 23	1:30pm to 3:30pm	LU Outdoor Centre	WED. NOV. 19
LIMIT - 24 PEOPLE, \$2/person	FRI. NOV. 14				
3X3 BASKETBALL [COED]	MON. JAN 12 TO	MON. FEB 2	9PM - 1AM	BEN AVERY BUILDING	WED. JAN 21
LIMIT - 8 TEAMS, \$5/player	FRI. JAN 16			Gym	
3X3 BASKETBALL [MEN'S]	MON. JAN 12 TO	WED. FEB 4	9PM - 1AM	BEN AVERY BUILDING	WED. JAN 21
LIMIT - 8 TEAMS, \$5/player	FRI. JAN 16			Gym	
3X3 BASKETBALL [WOMEN'S]	MON. JAN 12 TO	MON. FEB 9	9PM - 1AM	BEN AVERY BUILDING	WED. JAN 21
LIMIT - 8 TEAMS, \$5/player	FRI. JAN 16			Gym	
VOLLEYBALL [COED]	MON. JAN 12 TO	FEB 3 TO MARCH 26	9PM - MIDNIGHT	BEN AVERY BUILDING	WED. JAN 28
LIMIT - 36 TEAMS, \$20/team	FRI. JAN 16	TUES. AND THURS.		ALPHONSE RAYMOND	
Competitive / Semicomp/ Recreational					
DOUBLES BADMINTON [COED]	MON. FEB 2 TO	FEB 23 TO MARCH 25	9PM- MIDNIGHT	BEN AVERY BUILDING	WED. FEB 11
LIMIT - 24 TEAMS, \$4/team	FRI. FEB. 6	MON. AND WED.		Gym	

Changes to this schedule will be printed in future issues of Lambda, as well as on the Laurentian website.

Information about these and other events will be available in the Ben Avery Gym - drop by and check it out!

LAURENTIAN TOPS NORTHERN RIVAL 2-1

The Laurentian Voyageurs soccer team opened their OUA Season with a 2-1 win over their Northern rivals, the Nipissing Lakers. Rudy Muteba and Steve Rachkowski netted goals for the Voyageurs, while Kwadwo Adusei tallied for Nipissing. Scott Cliff made five saves in his blue and gold debut in front of the Laurentian faithful.

The first half saw balanced play between the two teams as Muteba (Sudbury, Ont.) and Adusei (Brampton, Ont.) each scored. Both teams had chances, with Voyageur's goalie, Cliff (Sudbury) and Lakers' goalie

Matt Likuski (Oshawa, Ont.) coming up with clutch saves. Muteba notched the games first goal in the 33rd minute, while Adusei responded less than 10 minutes later leveling the game at one in the 42nd minute, and sending the teams into break all even.

Laurentian came alive in the second half and controlled the play. Rachkowski (Sudbury) scored off his own rebound in the 78th minute following a strong individual effort. Rachekowski controlled the ball as he rushed



down the left side and beat the defender and fire the ball on net. His goal put the Voyageurs ahead to stay.

Voyageurs head coach Carlo Castrechino was pleased to walk away with the three points but expects more from his troops. "We had a lot of

jitters our first game," said Castrechino. "I'm glad we got the three points but we still have some things to work on."

The Voyageurs must prepare quickly as they have a short week before heading to

Toronto for a pair of games this weekend. They will face the University of Toronto Varsity Blues on Saturday at 1 p.m. and the Ryerson Rams on Sunday at 11 p.m.



NCAA DIVISION I IONA GAELS HANDS LAURENTIAN 104-69 LOSS

Greg Hoddinott
Athletic Marketing & Media
Relations Officer

The Laurentian Voyageurs basketball team took to the court at the University of Guelph for a preseason game against the NCAA Division I Iona Gaels. Unfortunately, the Laurentian men could not come away with an upset, falling to the Gaels by a score of 104-69. Iona's Jonathan Huffman led all scorers with 22 points, while Matas Tirilis led all Laurentian scorers with 15 points.

For most of the first quarter the Laurentian men were able to keep the score within a few points of the bigger Iona Gaels, however, with about two and a half minutes remaining the Gaels were able to consistently extend their lead from five points to seven points, then ending the quarter up by 14. Iona outscored Laurentian 34-20, with 15 of their first quarter points coming off of Laurentian turnovers.

In the second quarter, the Voyageurs were unable to cut into the Iona lead with the Gaels quickly extending their lead to as much as 29 points within the first four minutes of the quarter. For the rest of the half the Voyageurs dug down deep and were able to hold their ground, ending the quarter only down 25 points, by a score of 63-38.

In the second half Laurentian came out playing hard, but were unable to make any significant cuts into the first half deficit, with the Gaels coming away with an eventual 104-69 win.

In the end, there were some key statistics in the Voyageurs loss, with the Gaels out-rebounding the blue and gold 42 to 19 which led to 16 Iona second chance points to Laurentian's

four. Iona also found their mark from the three-point line hitting 13 of 21 three-pointers to Laurentian's six of 10 attempted.

The games leading scorer was Huffman, a seven-foot centre for the Iona Gaels, who went nine-for-nine from the field and four-for-four from beyond the three-point arc. Leading the way for Laurentian was Tirilis (Mississauga, Ont.) who had 15 points and rookie Andrew Lalonde (Sudbury, Ont.) who had 11 points and five assists. Also recording solid games were veterans Alex Whiteman (Vancouver, B.C.) and Dave Otterbein (London, Ont.) and rookie Jamie Weldon (Sault Ste. Marie, Ont.) who all chipped in with nine points each.

"We saw some good things from our young guys today" said head coach Shawn Swords. "They really stepped up, played well and competed hard, which is a great sign."

The Laurentian Voyageurs will now hit the hard court at the Ben Avery Gymnasium for the official opening of their 2008-09 training camp. The Voyageurs first home game of the year is a preseason match up with the Wilfrid Laurier Golden Hawks on Thursday, October 16 at 7 p.m., while their first league game comes on Friday, November 7th at 8 p.m. in St. Catharines against the defending national champion Brock Badgers.

LADY VEES BATTLE TO 1-1 DRAW WITH NIPISSING LAKERS

SUDBURY, Ont. — In their OUA opener, the Laurentian Lady Vees played to a 1-1 draw against their Northern rivals from North Bay, the Nipissing Lakers. Samantha Falcioni scored the lone goal for the Lady Vees while Didi Chollet tallied Nipissing's only mark. Meghan Hoffberg backstopped the Lady Vees in their season opener making 12 saves.

Following a strong rush by Jenna Roach (Sudbury, Ont.) and quick shot that was punched neatly over the bar by Lakers' goalie Sam Behm (Winchester, Ont.) the Lady Vees were awarded a corner kick. It was Roach who crossed the ball into the box perfectly to the head of Falcioni (Sudbury). Falcioni made no mis-

take putting Laurentian up by one in the 21st minute. Twenty minutes later Nipissing responded on a powerful free kick from just outside Laurentian's 18 yard box, off the foot of Chollet (Alexandria, Ont.), knotting the game up at one.

The second half saw each team have chances; however both goalies came up big. The Lady Vee's Lisa Watson (Newmarket, Ont) was sent in on a break away in the 79th minute, only to be turned away by Behm. Laurentian managed to get the ball past Nipissing's keeper minutes later, only to have the goal called back because players were offside.

LADY VEES HOST RAMSEY TOUR FUNDRAISER FOR 32ND TIME

SUDBURY, Ont. - The Laurentian Lady Vees Cross Country team will compete in the 32nd annual Ramsey Tour Road Race this Sunday. The 5k/half marathon will see the Laurentian and Nipissing teams running in the OUA-sanctioned event. The race is aimed to raise money for local post-secondary runners.

In the past 31 years this race has been held, it has provided over \$100,000 in bursaries to local post-secondary runners. Everyone is welcome to enter. There is a \$30 entry fee for the general public; children get in for \$10. The first 200 participants will get a race t-shirt, while everyone can enjoy refreshments and door prizes.

The Lady Vees head coach Dick Moss is an advocate of the race and believes in its cause. "If you want to support Canadian athletes, here's a place to do it. The proceeds from this race have long helped a number of Laurentian athletes, most of whom combine part-time jobs, full-time academic programs and very tough training schedules. We also use these scholarships as a recruiting tool to attract top-notch runners."

The race will start at 10:30 a.m. this Sunday at the Laurentian University Track. For more information or to register please see www.sudbury-rocks.ca.

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Jan's Gallimaufry: Success Guaranteed (Or Almost!)

September gives every student the opportunity for a fresh start and for new anxiety about succeeding! Don't agonize - strategize!

Here are Ten Things you can do to ensure you succeed and have some fun at the same time.

1. Know the system! Search around the LU website.
 - Click on Academic Matters and find your program and the course requirements. You don't want to find out that you are one course short when you are sending out job applications.
 - Check out (under Academic Matters) the Registrar's website. You may need to know when the latest date is for dropping a course without getting an "F" on your academic transcript.
 - Who is your academic advisor? I highly recommend you meet this person.
 - Know the GPA requirements for your faculty and department, and how this is calculated.

2. Know the services available to you and use them. You are paying for them!
 - Click on "Students" to see all the services just waiting to be used by you including Health Services, Counseling and Support, Special Needs and The Learning Commons.

- You can find out info about your Student Association by clicking on Student Affairs and the Student Associations.
- First year students can get assistance geared to them at "First Year Experience" which is listed under "Students."

3. Know WHY you are here. It is almost impossible to stay motivated if you don't have a clear goal and steps on how to get there. Help can be found in a variety of places including but not limited to:

- Career Planning Workshops offered by Sally at Counseling and Support
- Counselors at C & S
- Placement Office - to find out what's available on the job scene
- First Year Experience

4. Got issues!? Get them resolved or at least addressed.

- If you are consistently feeling negative and blaming others for your misfortunes, you are setting yourself up for failure.
- Heard the term "self-fulfilling prophesy"? It looks like this. You get out of bed and decide you are going to have a horrible day. Guess what is more likely to happen.
- On the other hand, even if you start off feeling crappy but make an attempt to dress nicely and smile at others - your day will improve.
- Come and see us at Counseling and Support for some strategies.

5. Go to class! Go to class! Go to class! Oh yeah, and sit near the front and look interested. It's amazing how this works. If you decide something is interesting - it becomes so!

6. Learn effective note-taking. You can look up the "Cornell Note Taking System" on the internet. Essentially it's this. Take your writing paper and make a vertical line down it so that one third is on the left - two-thirds is on the right. Note taking happens on the right; writing key words happens on the left.

- Review - your notes from the last lecture before class
- Record - like crazy. You can fix up your notes later.
- Repair - by filling in the spots you missed. You may have to get help from a study-buddy.
- Reduce - by putting in key words and phrases in the LHS.
- Restate - it. When you say your notes out loud, you lay down more neural pathways AND you find the holes in your understanding.
- Recite - by folding the RHS over as far as the key words. When you see these key words, can you remember what they refer to?

7. Read expectantly using the SQR4 method.

- Survey - by skimming the chapter so that you have a sense of the larger picture, of where this chapter is going
 - Question - Each section answers a question. If the author doesn't provide one, make one yourself.
 - Read the section attentively so you are answering your question.
 - Recall - When you've finished reading the section, look away from the text and summarize the answer as much as possible in your own words (out loud is best). Write a few key words on the LHS as if it was a column.
 - Review: Hide the text and read the key words or phrases you've written in the margins. You'll quickly know what you understand (and what you don't.)
8. The Writing Centre in the Learning Commons can help you with all types of student writing assignments and projects. Plus they provide regular workshops on common academic writing problems.

9. Find out where you study best. For some it's the library where they can be freed of all distractions. For others it might be a coffee shop where there is lots of activity but no computer or buddies to give permission to procrastinate. You need "BAM" - brains and MOTIVATION to succeed at any worthwhile goal.

10. Get a life outside of academics. There are clubs on campus and sports facilities. The City of Sudbury has a wide range of arts and sports opportunities. You can volunteer - check out the opportunities under the Placement Center web page. You can find or develop a hobby.

Still feeling a little overwhelmed? Now is the time to recite the old Finnish Proverb: "Ei sellaista tietä, jota ei ennen ole käyty."

Translation: "There is no such path that has not been walked along before."

- Jan Carrie Steven is a part-time Counselor at Student Services. Write her at jc_steven@laurentian.ca

